

# Fresh Fruit and Vegetable Program

## PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

Food & Nutrition Services



### Granny Smith Apples

Apples are good for you because: they are an excellent source of Vitamin C and Dietary Fiber. Granny Smith apples also help the health of your teeth, stomach, and heart.

#### Farm to School ~

Apples in the United States usually blossom with fruit flowers in the spring and are fully mature by fall. Apples are available all year round because they are produced all over the world.

#### Selection and Storage ~

Choose apples that are firm, smooth-skinned with intact stems. Apples should smell fresh and not musty. Apples can be stored in the fridge for up to 3 weeks.

#### Origin ~ Where did it come from?

Granny Smith apples originated in Sydney, Australia in 1868 accidentally in a compost pile by a woman named Maria Ann Smith, which is where the name originated from.

#### Fun Facts



Granny Smith apples keep their green color during their entire life. The saying "An apple a day keeps the doctor away" started in the 1800s in Wales. These are typically the apples found in pies because they hold their shape so well when cooked.

### Word Search

J	N	L	Z	G	F	H	A	L	G
S	I	X	K	R	B	K	Q	O	S
L	M	W	U	E	H	Y	N	I	M
S	A	I	Q	E	N	Z	Z	C	Y
W	T	Y	T	N	A	P	P	L	E
S	I	M	A	H	A	I	R	A	M
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P	G	D	Z	T	D	N	R	Q	Q
Y	E	N	X	L	S	A	D	P	D
W	U	Z	I	M	P	B	Z	F	P

ANN  
GRANNY  
SMITH

APPLE  
GREEN  
STEM

FRUIT  
MARIA  
VITAMIN



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## APPLE COLORING



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